

Are eggs bad for your heart?



Health & Nutrition



No. Heart Foundation Australia removed its restriction on eggs for healthy people in 2019, after a review of the evidence found eggs don't meaningfully increase heart disease risk.

Heart health is influenced by the overall diet. Eating patterns high in processed meats (e.g. sausages, salami, ham), saturated and trans fats (e.g. pastries, biscuits, deep-fried takeaway foods), salt, sugary drinks and alcohol - and low in vegetables, fruit, wholegrains and other fibre-rich plant foods - are associated with poorer heart health. For most people, eggs can be enjoyed in moderation as part of a balanced, heart-healthy diet.

The Egg Myth: Why Eggs Aren't on the "Bad for Your Heart" List

Eggs used to carry a reputation they haven't deserved for some time now.

What Drives LDL Cholesterol

Saturated fat has a far greater effect on raising LDL ("bad") cholesterol than the dietary cholesterol found in eggs. As the scientific evidence evolved, this led health authorities to revise dietary recommendations, placing greater emphasis on reducing saturated fat rather than restricting dietary cholesterol from foods such as eggs.

What's Really in an Egg

A serve of two eggs contains about 398mg of dietary cholesterol, is relatively low in saturated fat at around 3.4g and provides 17 different vitamins and nutrients.

That's a meaningfully different profile to foods like butter, cream or fatty processed meats, which are much higher in saturated fat and lower in nutrient density.

Heart Foundation Australia's Position

In August 2019, Heart Foundation Australia formally removed its restriction on eggs for healthy people, based on a review of evidence covering more than one million participants across 13 studies. At the same time, it lifted its restriction on full-fat milk, yoghurt and cheese for healthy people, while introducing a new recommended limit on red meat. The changes reflected updated evidence rather than a reversal of caution generally; eggs simply moved out of the "at-risk" category for the general population.

How Many Eggs Can You Eat for a Healthy Heart?

For healthy people, there's no set limit. For people with type 2 diabetes, high LDL cholesterol or existing heart disease, Heart Foundation Australia's guidance is to enjoy up to seven eggs a week, as part of an overall diet low in saturated fat. We've covered this in more depth in [our guide to eggs and cholesterol](#), including what more recent Australian research has found.

Building a Heart-Healthy Plate with Eggs

Pairing eggs with the right foods

Eggs work well alongside vegetables, wholegrains and healthy fats like avocado or olive oil. Think eggs on wholegrain toast with spinach and tomato, rather than eggs alongside bacon and white toast.

Cooking methods that matter

Cooking eggs without butter or added salt keeps things heart-healthy. It's genuinely less about the egg and more about what it's cooked in and served alongside.

Foods That Are Not Ideal for Heart Health

Before getting to eggs, it's worth being clear on what actually does make Heart Foundation Australia's list of concern.

Processed and cured meats

Processed and deli meats like bacon, ham, salami and sausages are consistently linked to a higher risk of heart disease, according to Heart Foundation Australia. Unprocessed red meat gets a more moderate caution: current guidance suggests keeping it under 350 grams a week, or around one to three meals.

Foods high in salt/sodium

Most of the salt in the average Australian diet comes from packaged and processed foods rather than the salt shaker. High salt intake is linked to high blood pressure, a major heart disease risk factor.

Trans fats and deep-fried foods

Trans fats, found in many deep-fried, baked and processed foods, raise LDL cholesterol more than most other dietary fats. They're one of the clearer, more consistent villains in heart health research.

Sugary drinks and refined carbohydrates

Soft drinks, energy drinks and sports drinks are typically high in added sugar with little nutritional benefit, and are called out specifically by Heart Foundation Australia as foods to limit.

Excessive alcohol

Heart Foundation Australia recommends limiting alcohol intake in line with the Australian Guidelines, as excess alcohol can raise blood pressure and triglyceride levels.

Frequently Asked Questions

What foods are bad for your heart?



Are eggs bad for your heart?



How many eggs can I eat per week for heart health?



Does cholesterol in eggs raise my blood cholesterol?



What's a heart-healthy way to eat eggs?



References & Further Reading

- [Heart Foundation Australia - Heart Healthy Eating Pattern](#)
- [Heart Foundation Australia - Eggs & Heart Healthy Eating](#)
- [Australian Eggs - Eggs & Cholesterol](#)
- [healthdirect - Healthy Heart Diet](#)